

SPECIAL OLYMPICS WAKE COUNTY

2015 Fall Sports

The following sports will be offered for the 2015 Fall season. Athletes may practice or participate in multiple sports, but may only compete in ONE. ALL athletes must be at least 8 years of age and have valid Special Olympics Medical and Parent Permission forms on file with our office prior to participating. Sport and competition rules can be found by visiting www.sonc.net/compete and selecting the individual specific sport.

Please read all information thoroughly prior to registering.

Please complete/return the attached form no later than Friday, August 21st.

Bocce

- **Practice Dates:** Wednesdays, September 9 – November 4
- **Practice Time:** 5:30p-7:00p
- **Practice Location:** Lake Lynn Park, 7921 Ray Road, Raleigh, NC 27613
- **Additional Information:** The Lake Lynn courts are not wheelchair accessible, but we will do what we can to accommodate all interested athletes. Athletes are expected to attend practice, but may choose to practice additionally 'on your own.' Other courts in the community are Apex Parks and Recreation (53 Hunter St, Apex, NC), the Knights of Columbus (Columbus Club Drive and New Hope Rd in Raleigh; call 919-231-3315 to get permission to use), and an accessible court at Wake Forest Parks and Rec Tyler Run Park (830 Pineview Drive, Wake Forest, NC 27587).
- **Levels:** Individual, Partner, Unified Partner

Golf Skills

- **Practice Dates:**
 - Wednesdays, September 9-November 4 at Lochmere
 - Fridays, September 11-October 30 at Wildwood Green
- **Locations:**
 - Lochmere (2511 Kildaire Farm Rd, Cary, NC 27513)
 - Wildwood Green (3000 Ballybunion Way, Raleigh, NC 27613)
- **Practice Time:** 6:00p-7:00p (both locations)
- **Additional Information:** Golf pros at the respective courses will lead practice to teach athletes skills and develop specific individual skills. Athletes should wear golf-appropriate attire and bring their own golf clubs, gloves, etc. All Skills athletes must complete scoring at the 5th practice (Wildwood: 10/9 practice; Lochmere: 10/7 practice), in order to be eligible to attend the Fall Games Competition in High Point.

Golf Hole Play

- **Practice Dates/Locations/Time:** Hole play athletes are not required to attend practice, but may attend either of the practice locations noted above – please indicate on the attached registration form. If athletes would like to play the course during the practice time, you must pay the appropriate green fee to the course. SOWC covers the lesson on the practice greens/driving range.
- **Additional Information:** Athletes not attending practice must submit the attached registration form. Athletes should wear golf-appropriate attire and bring their own golf clubs, gloves, etc. All athletes playing 9 or 18 hole individual will need to have their own partner/caddy for competition (if selected to attend). **All partners and caddies must have a volunteer form on file, an approved background check, and take a brief online training.** If you have not previously submitted these, please contact us ASAP.
- **Levels:** II (9hole partner), III (18 hole partner), IV (9hole individual) and V (18hole individual)
 - *Level II and III: athletes must turn in **6 score cards** to our office by Friday, October 9th.
 - *Level IV and V: athletes should play at least **6 rounds** of golf and enter their scores electronically at the golf course by Friday, October 9th.
 - *Scores must be from a par 4/5 course.



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Rollerskating

- **Practice Dates:** Sundays, September 13 – October 25
- **Practice Time:** 5:00pm-6:00pm
- **Practice Location:** Jellybeans – Cary (1120 Buck Jones Rd. Raleigh, NC 27606)
- **Additional Information:** Athletes should wear appropriate athletic clothing and bring helmets, knee and elbow pads. Athletes are encouraged to bring their own skates, although there will be skates available at the venue. All athletes must have qualifying times recorded at the 10/11 practice, in order to be eligible to attend the Fall Games Competition in High Point.

Soccer Skills

- **Practice Dates:** Saturdays, September 12 - October 31
- **Practice Time:** 10:30am-11:30am
- **Practice Location:** Laurel Hills Park
- **Additional Information:** Skills athletes practice and develop specific individual soccer skills. All Skills athletes must complete scoring at the 10/11 practice, in order to be eligible to attend the Fall Games Competition in High Point.

Soccer Teams

- **Practice Dates:**
 - Sunday, August 30 at Laurel Hills Park
 - Sundays, September 13 - November 1 at Method Road Park
*no practice Labor Day Weekend (September 6)
- **Practice Location:**
 - Laurel Hills Park (3808 Edwards Mill Rd., Raleigh 27612). Follow the path to the left of the building past the playground and softball fields to the multi-purpose field.
 - Method Road Park (516 Method Rd., Raleigh, 27607). The soccer field is to the left and behind the Community Center along Woods Pl. DO NOT PARK ALONG WOOD PL - if the field lot is full please park in the Community Center lot.
- **Practice Times:** 1:15pm-2:45pm Jaguars and Tiger-Sharks
2:45pm-4:15pm Bears and Lightning
4:15pm-5:45pm Panthers, Tornadoes and Wolverines
- **Additional Information:** Due to the size of our players, it is difficult to place those younger than 12 on a team. To be on a team, athletes must have some knowledge of the game of soccer and team play. Athletes must have the necessary skills and fitness level to run the length of the field and actively participate. Athletes must be able to follow directions, function well on a 1:5 coach to athlete ratio, and have appropriate behavior to travel with the team. Athletes who are unable to meet these requirements should participate in the Skills level (information noted above). Athletes should bring/wear the following items to practice: soccer cleats (no metal, no spike in the center front) or good tennis shoes, long knee socks, NOCSAE certified shin guards, comfortable athletic clothing (no jeans), a drink or water bottle, and a #5 soccer ball if you have one.
 - **New Players:** All new athletes must attend an assessment on Sunday, August 23rd from 2:00pm-3:30pm at Laurel Hills Park. Each athlete will be assessed based on age, size and skill level in order to be placed on the team most appropriate for the athlete's maximum safety and playing time. If more athletes are interested than we have slots, new athletes may choose to join the skills group.
 - **Returning Players:** Returning athletes have priority to play again on a team and will most likely be on the same team. If athletes need to be shifted to a different team, you will be notified ASAP. Athletes who would like to request to be placed on a different team must contact our office by Friday, August 21 – requests will be fulfilled if appropriate, but are not guaranteed.

Tennis

- **Practice Dates:** Mondays, September 14 – November 2
- **Practice Time:** 5:00pm-6:00pm
- **Practice Location:** NC State University (tennis courts beside Carmichael Gym)
- **Additional Information:** Athletes need to wear athletic clothing that they can move in, including tennis shoes. Athletes should bring their own racket and water bottle. Specific parking details will be sent out to athletes prior to the start of practice. Players are encouraged to attend additional clinic opportunities through ATANC – please visit their website at www.atanc.org for more information.
- **Levels:** Short Court Singles, Short Court Doubles (regular/unified), Full Court Singles, Full Court Doubles (regular/unified)

Competition Information – All Sports

October 4th: Orange County will host a local invitational competition in Chapel Hill for Bocce, Soccer and Tennis. Please indicate on the registration form if you will attend. Attendance is NOT required to be eligible to attend the Fall Games Competition in November. Additional information will be sent once details are confirmed.

October 24th: Orange County will host a local golf tournament for hole play athletes competing in levels 2, 3, 4, 5 at Oconnechee Golf Course. Attendance is NOT required to be eligible to attend the Fall Games Competition in November. Additional information will be sent once details are confirmed.

November 6th – 8th: SO North Carolina will host Fall Games Competition in High Point, NC. Attendance is not guaranteed. SONC determines how many team and individual athlete slots are available. If Wake County is granted fewer slots than number of teams/athletes/Unified partners, then teams/athletes/Unified partners will be selected through random selection. For the teams that are selected, those athletes/Unified partners are expected to attend the weekend trip with our coaches and chaperones – all travel and expenses covered. Athletes/Unified partners will have the option to stay with parents/guardians during the weekend at your own expense.

Special Olympics Wake County
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